

# Yoga & Healing 2016

Gaia-Oasis offers a Yoga & Healing session several days a week for our guests. The session differs depending on the practitioner in residence; and may include yoga, dance, bodywork, meditation or some other form of healing work.

If you would like to join a Yoga & Healing session, please inform any of our friendly employees in advance, so that we can support your needs. As far as possible, our programs are designed for everybody, regardless of whether you are a beginner or an advanced practitioner.



**1 – 31 of January 2016, Nicole Ugarte** is a Director of Nature link Landscapes and Design a family owned and operated, landscape construction company and plant nursery based on the Gold Coast, Australia. After a 13-year career in nursing from 1984 to 1997, Nicole took a sabbatical to enjoy her family and three children and search for the meaning of life. She came upon Shanti Yoga and has undertaken extensive training under yoga master Shanti Gowans spanning 12 years, qualifying with an Advanced Diploma in Yoga Teaching and Leadership in 2010. En route to her Adv Dip, Nicole has undertaken training and study in several other Yoga and health qualifications, including Children's Yoga Instructor training, Ayurvedic Lifestyle Consultant and Traditional Ayurvedic Relaxation Massage training. Nicole is a wife, mother of three gorgeous children, loves to travel ( she has taken her children to India on three occasions) and currently teaches yoga on the Gold Coast, Australia. Nicole has also taught yoga in schools and resorts both in Australia and Bali.

Shanti Yoga is a traditional, gentle and relaxing style of yoga, incorporating asana (postures) , pranayama, for vitality and yoga nidra for restoration and deep healing. Not only physically strengthening and stretching, but also gathers and conserves living energy (prana) and clears the mind. Shanti Yoga allows one to enjoy peace of mind, health and tranquility as you enjoy the gentle but complete yoga ,breath and movements in each class .Shanti Yoga allows you to experience yourself at the deepest level of being, enabling one to integrate its formal practices into everyday life



**1 – 31 of March 2016, Nicole Schafenacker** is trained in Ashtanga yoga and draws from this practice to teach Vinyasa Flow and Hatha Flow. These gentle yet stimulating classes cultivate awareness of the breath as a means to deepen your connection to your body in each moment. Working with the three trishtanas of yoga (breath, the asana or posture, and dristi or gaze) Nicole will take you through a led practice with special cared directed to ensuring that each student builds strength and therefore a capacity to allow the body to open safely. Nicole is honored to guide you through the process of connecting with your body's own innate knowledge and the mind's ability to focus with "one-pointed concentration".

In addition teaching yoga, Nicole is a trained artist and playwright who tours internationally with her interdisciplinary theatre and dance company, Prairie House. She brings an awareness of the creative potential in every moment to her teaching.



**1 – 30 of April 2016, Emily McNicoll**

➤ **WORK EXPERIENCE**

**YOGA LIFE STUDIOS ,**

Yoga Teacher, Apr 2010 – Present

Provide a safe, welcoming environment for practitioners of all levels

Teach various styles of yoga including hatha, restorative, prenatal, and vinyasa flow. Create various workshops including a "Restorative Sound Journey", an "Exploration of the Chakra. System", and "How to Keep Pregnant Students Safe". A member of the Continuing Education/Mentor Program group which involves mentoring new teachers and developing specialized workshops for fellow yoga teachers.

**NOORISH YOGA ,**

Yoga Teacher, Oct 2011 – Present

Provide high quality, unique yoga classes to a wide range of practitioners. Demonstrate modifications and provide adjustments to students which accommodates each student's practice. Strategically manage time by starting and ending classes on time. Arrive fifteen minutes before class and stay fifteen minutes after to create healthy, personal relationships with clients.

**BLISS YOGA SPA,**

Yoga Teacher, Aug 2012 – Present

Safely guide pregnant woman through various yoga postures. Teach meditation, breath work, and positive intention setting exercises. Arrive early to set up a relaxing environment including setting out all necessary props. Support pregnant women in building strength, relieving pain, relaxing, and connecting with their baby. Created a detailed training manual that is presented to prenatal yoga teachers new to Bliss Yoga Spa.

➤ **EDUCATION**

**Mamata Yoga, Edmonton ,**

*Advance Prenatal Teacher Training* 2015: Completed a seventy five hour training that consisted of: an in depth exploration of pregnancy, prenatal yoga, and post natal yoga.



**Gaiatri Yoga, Edmonton,**

*Yoga Teacher Training* 2014: Mentored students in Gaiatri Yoga's three hundred hour teacher training

2013: Completed a three hundred hour Yoga Teacher Training

2011: Completed an eighty five hour advanced training

2009: Completed a two hundred hour Yoga Teacher Training

	<p><b>Yoga For Today,</b>  <i>Prenatal Teacher Training 2009:</i> Completed a twenty five hour prenatal teacher training with Collette Crawford of the Seattle Holistic Center.</p>
	<p><b>1 – 31 of May 2016, Andrea Haase</b></p> <p>True to the motto  Anyone can practice Yoga - you only need space, a Yoga mat and the will to healthy living.  Wholesome training and awareness to keep my body hale has always been important to me and was continuously reflecting in my professional life.  The decisive step to get an independent Yoga teacher I took after my time in India 2013.  At the Intensive-Yoga-Teacher course “Sivananda” I learned the real meaning of Hatha Yoga. It’s not about bending in all directions but to take care of the whole body. For me Yoga means to clean up in head and life, to live conscious in everyday life and to shine from inside. These are the main objectives of my Yoga practice.  In my Yoga units I want to accompany the participants on their own Yoga way and I teach with great passion how to practice and connect it to everyday life.  <a href="http://www.yoga-vilsbiburg.de">www.yoga-vilsbiburg.de</a></p>
	<p><b>1 – 30 of June 2016, Tasya Davidson</b></p> <p>“Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; for it becomes your destiny.” – Upanishads.</p> <p>This quote has become my mantra, my way of life. I have been teaching yoga full-time for the last 5 years and am passionate about sharing what an incredible practice it is. My classes are dynamic and ever-evolving as they respond to the moments that we are in. When taking one of my classes you can anticipate the integration of movement, breath &amp; awareness as you mindfully create action. As you find your strength and your softness there is an opportunity to shed light into the areas that may otherwise be dark. A class with me is a chance to let go, have fun and explore as you go for an adventure in your own body, on your own mat. For more information on me or my teaching style please check out my website  <a href="http://www.tashadavidsonyoga.com">www.tashadavidsonyoga.com</a></p>



### **1 – 31 of July 2016, Marion Moormann**

My name is Marion Moormann, I was born on 29/4/1961 in Steinfeld, Germany and I would like to work at Gaia-Oasis as a volunteer yoga teacher from 1.-31. July 2016. It is a great opportunity for me to teach yoga and live in harmony with nature and to provide my best service for the guests of this beautiful place.

Right now I am living in Lüneburg, a nice historical city in the north of Germany, where I work as a yoga teacher at the „Yogahalle“, a studio I own together with a friend.

The website is: [www.yogahalle.de](http://www.yogahalle.de), here you can find more details about our work. I have been teaching yoga since 8 years, my preferred style of teaching is Vinyasa Yoga and Yin Yoga.

My first teacher training was a 2 year education, beginning in 2006 in the tradition of Sivananada. Right after finishing I started to teach in January 2009 and also experienced a large variety of different styles of yoga and plenty of workshops with a lot of teachers from all over the world.

( Hatha Yoga, Vinyasa Yoga and Jivamukti Yoga)

In 2011 I finished a Power Yoga teacher training in Hamburg and started to teach Vinyasa Yoga as well-

In 2012 Paul Grilley shared his knowledge of Yin Yoga with me and I added it to my teachings.

The combination of breathing, movement and focus, the flow of energy and the stillness in meditation and yin positions is what I love to combine in my classes.

1981-1984: Studies of Interior Design in Hannover

1985-1987: Studies of Economics in Bielefeld (Dipl. Ing. Innenarchitektur)

I am married and have two sons, which are 22 and 20 years old.

I can teach my classes in both, English and German.

I would like to take this opportunity to share my knowledge, passion as well as expanding my own horizon.

I am looking forward to hear from you.



**1 – 31 of November 2016, Jayne Lloyd-Jones** has practiced yoga since she was a teen. She loves the balance it brings to her life, complementing her active lifestyle and the sports she practices. Yoga encourages a full range of motion, better balance and alignment, helping prevent injury. Wherever she goes she takes classes and finds great local instructors. Having lived in England, Kenya, and France before Canada she has had an opportunity to study with many inspiring teachers. Since discovering Iyengar yoga 20 years ago, she has studied in India for a month with the Iyengar family twice, and has taken workshops with many well-known Iyengar teachers from all over the world. Jayne has taught Iyengar yoga for over 10 years. Her aim is to distill the best of her experience into her teaching to bring energy and balance to her classes. Iyengar yoga is a form of hatha yoga that is easy for everyone to access. Whether you're new to yoga, still in the early stages, or looking to learn more advanced poses, Iyengar yoga will inspire you. Iyengar yoga emphasizes precision and alignment to integrate the body, mind and breath. B.K.S. Iyengar devised the use of props such as bricks, straps, blankets and bolsters to help students attain poses or 'asanas' safely. To become a certified Iyengar teacher, student teachers follow a training program that lasts three to five years. You can be sure that you are in the hands of a safe, experienced instructor when you choose an Iyengar yoga teacher. When BKS Iyengar published his famous book *Light On Yoga* in 1966, in which he details over 200 poses, he introduced people around the world to yoga. 'Guruji', as his students called him, practiced yoga daily until his death in August 2014 at the age of 95. BKS Iyengar left an immense legacy: *Time Magazine* named him one of the 100 most influential people in the world in 2004.

Volunteer Yoga teachers wanted !!!

Teach Yoga in Gaia-Oasis for a few weeks and in exchange, receive accommodation, food and an unforgettable experience in Bali. For more information please contact us at [yoga@gaia-oasis.com](mailto:yoga@gaia-oasis.com)